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Believing in Telemiracle

Saskatchewanians opened their hearts and wallets as more than $5.5 million was pledged for the Kinsmen Foundation fundraiser PAGE 3

See Spot preserved

A Missouri taxidermist is painstakingly preserving the family pet for thousands of dollars. It's the least a best friend can do PAGE 6

FINDING LOVE IN A HOPELESS PLACE

RIHANNA SAYS SHE AND CHRIS BROWN HAVE GROWN UP A LOT IN THE LAST FOUR YEARS AND 'NOW THAT WE'RE ADULTS, WE CAN DO THIS RIGHT' PAGE 9

Premier underscores tighter budget

Legislature springs into action. Premier says infrastructure investment will remain 'very aggressive' despite belt-tightening

Premier Brad Wall says a tightened budget will be a big part of the spring sitting of the legislature, which starts Monday.

Wall says the government needs to keep overall spending increases to under four per cent.

"We made some difficult decisions through the budget-planning process, and our funding partners ... are making those decisions as well, but it'll be balanced," Wall said at the legislature recently.

There won't be "wholesale cuts or eliminations of programs ... but you're going to see a tightened budget."

The premier said the province has been talking about belt-tightening for several months, so hopefully any changes won't shock people. The province faced much hue and cry when, without warning, it eliminated a film employment tax credit in the budget last March.

But the pinch may not be felt in all areas.

"You'll still see very aggressive infrastructure investments. That's part of our growth plan. We know a growing province needs that infrastructure investment and you're going to see that manifest in the budget," said Wall.

The budget is to be tabled March 20.

THE CANADIAN PRESS

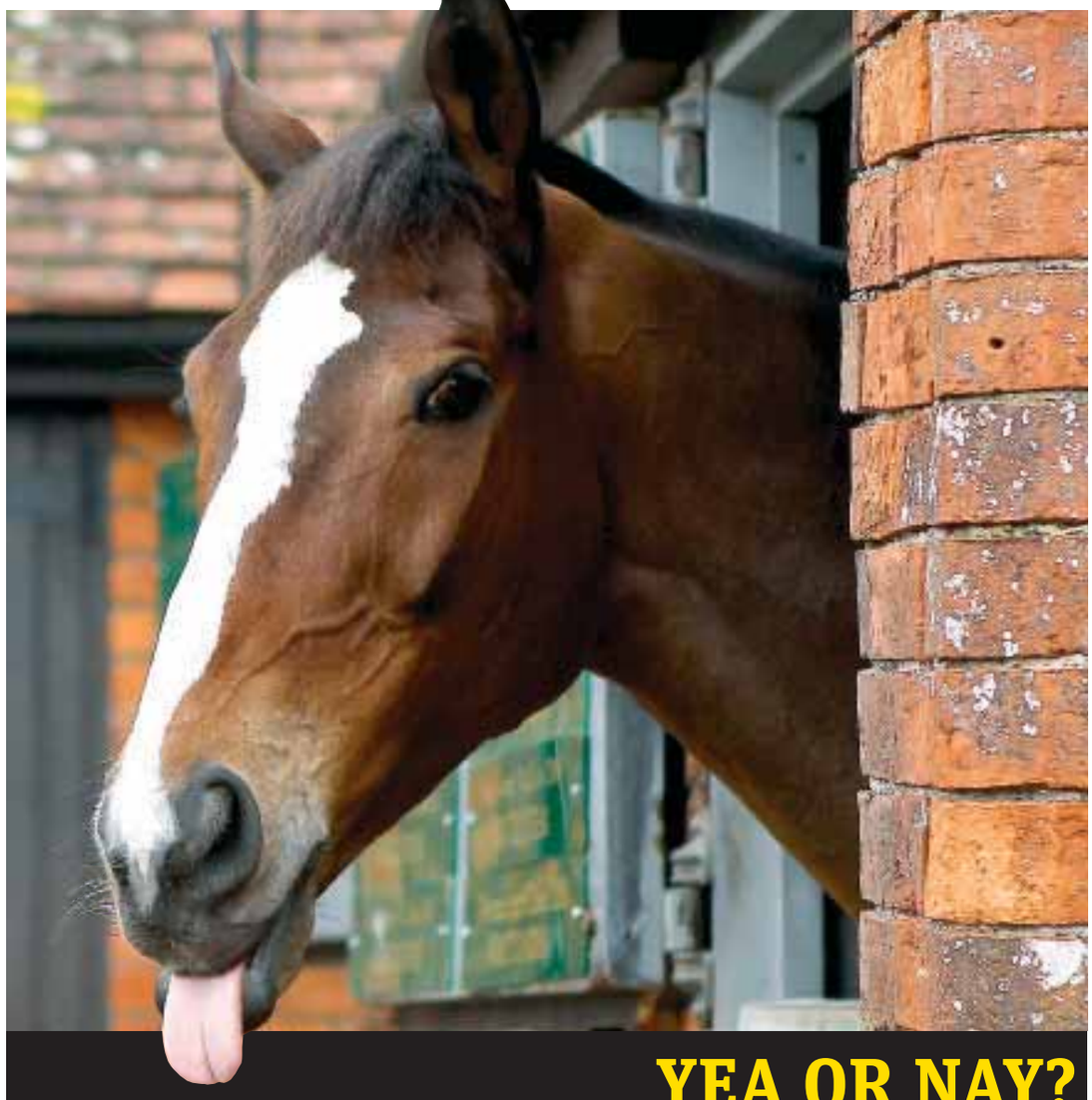
On the labour front

Ch-ch-changes

The spring sitting will also pick up where the fall sitting ended with big changes for labour and a plan to privatize Information Services Corp., the Crown corporation that handles land and personal property registries.

The Saskatchewan Employment Act, which melds 12 workplace-related pieces of legislation into one omnibus bill, is expected to be passed this spring.

Among other things, the proposed legislation says people with disabilities can't be paid a lower minimum wage. The legislation allows for people to work either five eight-hour days a week or four 10-hour days a week. THE CANADIAN PRESS



YEA OR NAY?

Despite — or because of — Europe's fury over finding horsemeat in products labelled as beef, many Canadians are busy looking up equine recipes. Metro takes a look at Canada's taste for horse, and tries to find out why some species are deemed suitable for our plates: pages 4 & 5.

GETTY IMAGES FILE

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Telemiracle returns to raise $5.5M in donations

Volunteers and organizers celebrate the more than $5.5 million raised at the 2013 Telemiracle in Saskatoon on Sunday afternoon. The money will go toward helping people across the province get medical assistance and special-needs equipment through the Saskatchewan Kinsmen Foundation. MORGAN MODJESKI/METRO

Charity. 'For the people who benefit from it, it means everything': Official

For the 37th year in a row the Saskatchewan Kinsmen and Kinettes Telemiracle was a success, with a total of more than $5.5 million pledged over the weekend.

Running Saturday and Sunday live on CTV, all the money raised will stay in Saskatchewan and go toward helping people access medical assistance and special-needs equipment that otherwise would be unattainable.

Mike Campbell, public-relations chairman with the Telemiracle, said considering the event is the only fundraiser the Kinsmen Foundation does throughout the year, it's extremely important.

"For the people who benefit from it, it means everything, and for the people involved it's the highlight of our year," said Campbell. "It's like a family reunion."

Lyle Smith, an event volunteer of 36 years, said he has seen a lot of changes, including better volunteer accommodations and bigger acts, but the biggest one is how the province has come to embrace Telemiracle as an annual tradition.

"Without it, there would be a big void," said Smith. "For a lot of these people, the money that goes to these families means they don't have to not put food on their tables, or they can still have a vehicle, or if they have a few dollars saved, they don't have to give it away."

More than 1,200 volunteers were involved with putting on the 2013 Telemiracle. In 2012 the event raised a record $5.9 million.

MORGAN MODJESKI/METRO

The doctor is in: Meili stresses a healthier province

Ryan Meili METRO

NDP leadership hopeful Ryan Meili says he's got the medicine for his party's ailments.

"As a physician I have lots of experience working in inner-city Saskatoon, in rural Saskatchewan, northern Saskatchewan — even in Sub-Saharan Africa. And part of what has driven me to politics is what I saw in those settings," said Meili.

He said he's turned to politics because he is frustrated with "cleaning up the mess, if you will, dealing with the symptoms rather than the causes of ill health."

More to come

This is Part 1 of our three-part series profiling the candidates in the NDP leadership race.

Because of this, his approach to public policy has an emphasis on human well-being, a point he has brought up regularly on the campaign trail.

"My campaign does have a fairly straightforward theme and that is the idea of having a healthy society by addressing the things that make the biggest difference on our health and well-being — so really changing the way we think about politics."

But Meili's approach doesn't relate only to healthcare policy. He wants to build healthier societies by "addressing the things that make the biggest difference: income, education, housing, employment, the weather and environment, what we call the social determinants of health."

Meili, the only candidate in the race who is not a sitting MLA, said that he will never tire of the province he wishes to serve.

"There is just a fascinating amount of character to be found in this province and you could spend a lifetime exploring this province and never understand it all, never get bored."

JEFF MACKEY/METRO IN REGINA

Edith Rowles Simpson Lecture *proudly presents*

Dr. Doug Powell, Professor of Food Safety
Kansas State University

Canada Can Do Better: Avoid Food Safety Complacency and Demand Safe Food

Monday, March 4, 2013
7:00 pm

Neatby-Timlin Theatre, Arts Building Room 241, University of Saskatchewan campus

The Edith Rowles Simpson Lecture Series was established in 1971 to honour Dr. Simpson for her outstanding service to the families of Saskatchewan through her work at the College of Home Economics and the University of Saskatchewan.

This lecture is free and open to the public.

Horse as the main course

On the menu. What's distasteful to some is more than palatable at Toronto's La Palette

JESSICA SMITH
jessica.smith@metronews.ca

Restaurateur Shamez Amlani says he understands being vegan — but refusing to eat horse while chowing down on the noble cow and the friendly pig? That's just "speciesism."

Amlani and his wife opened La Palette on Toronto's Queen West just over 12 years ago. When he first asked his meat supplier to find him horse, there weren't any other restaurants in Toronto serving it. La Palette, he said, offered it clandestinely to customers with a "pssst, we have horsemeat" whisper, rather than putting it on the menu.

Now, horse tartare and two horse main courses are on the menu. Horsemeat, being so lean, is a favourite of athletes but is also so tender his wife calls it "the butter of meats," he said.

As it turns out, we might not eat a lot of horse but we supply a lot of people who do.

Canada exports thousands of kilograms of horsemeat each year.

Amlani said horsemeat squeamishness can be traced to 732, when Pope Gregory III decreed eating horse a "filthy and abominable custom."

"People will have a very schizophrenic approach to why you shouldn't eat it — they'll start by saying they're companion animals, they'll tell you it's bad for you because of (drugs) that might be present in the meat and they'll switch back to 'But they're so cute,'" he said.

Others will encourage a distaste for horsemeat as "the thin edge of the wedge" in their attempts to convert others to veganism.

Amlani knows all about people's objections. His restaurant has been the focus of protests, and sometimes diners walk out when they see horsemeat on the menu.

Horse tartare and tenderloin, as prepared by Chef Brook Kavanagh of La Palette. FERNANDO CARNEIRO/METRO

Taste test

Savouring the tenderest of meats

To me, the horsemeat debate comes down to taste. We eat beef, pork — why not horse?

On to the taste test. La Palette, a French bistro on Queen Street West, serves horsemeat.

I started with a tartare — raw horsemeat with onions and seasoning.

I was surprised by how tender horsemeat is, despite being so lean. It's also mild — much milder than beef. I wondered if the seasonings were keeping me from fully tasting the meat. The dish was delicious, but I wanted horse on its own.

The tenderloin gave me that opportunity. Seared on the outside and rare on the inside, it was accompanied by a mushroom oat risotto, seasonal vegetables and a port reduction. I could've eaten the meat with a spoon, it's so soft. And a little sweet. It won me over.

FERNANDO CARNEIRO
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fernando.carneiro
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Some horsemeat stats

13,489 Canada exported 13,489 metric tonnes of horsemeat in 2011. That's down 24 per cent since 2010, when Canada exported 17,766 metric tonnes.

89,348 There were 89,348 horses slaughtered in licensed slaughterhouses in Canada in 2011, each weighing an average 0.28 metric tonnes.

Recipe pays homage to one of the most beautiful animals

Hayfire Roasted Horse Tenderloin with the Foods It Liked Most

- 2 pounds horse tenderloin
- damp hay
- applewood
- 1/4 cup rendered horse suet
- 2 large heirloom carrots
- 2 firm cooking apples
- 1 tbsp fermented oat paste (could substitute miso)
- 2 cups alcoholic dry apple cider
- 2 tbsp apple cider vinegar
- 2 cups finely diced carrots, onions and celery (mirepoix)
- 1 tsp julienned fresh sage leaf
- 10 pounds horse bones
- whole oats
- good butter
- chives

For the horse and its carrots and apples: Build an applewood fire. Over it suspend a rendered-horse-suet-brushed cast iron grill. When the fire subsides and the embers burn bright, place a layer of damp hay, the whole carrots and apples (peels intact), then more damp hay over the coals. Place the seasoned tenderloin on the hot grill and roast on all sides over the apple-hay smoke until the outside is deep brown and crispy. Move the horse to a warm corner of the fire to rest before slicing. Peel the cooked apples and carrots.

For the horse's oats: Make a stock of horse marrow bones, fermented oat paste and roasted hay. Toast the whole oats in good butter with sage. Add the mirepoix, deglaze with a dry alcoholic apple cider, the cider vinegar and the horse stock. Simmer until oats are tender, adding more stock as necessary. Finish with more good butter, chives, and season to taste.

For the horse reduction: Boil the remaining horse broth with a cup of apple cider until it is thick and sticky. Right before serving add a few spoons of cold butter and whisk to incorporate. Serve each guest a few spoons of the oats, a thick slice of tenderloin, a few slices of apples, carrots and the reduction.

CHEF BROOK KAVANAGH, LA PALETTE

Arguments in the horsemeat controversy

- **Argument: Horses can be mistreated or unethically killed.** Last winter, the Toronto Star published an exposé about horses bought at a "kill" auction in the U.S. It followed a trailer of horses that were left without food, water or room to move for 22 hours as they made the trip to an abattoir in Quebec. The Canadian Horse Defence Coalition has secretly filmed some of Canada's abattoirs and found some instances in which horses are improperly killed.
- **Counterargument: It's no different than cattle slaughter — humane.** Horsemeat proponents argue the process is the same as the slaughter of cattle. Plus, killing a horse for its meat, instead of leaving it improperly cared for at a farm that no longer has use for it, is ultimately more humane.
- **Argument: There could be harmful drug residue.** Phenylbutazone (PBZ) is an anti-inflammatory given to many horses, especially racehorses, which can end up at abattoirs. The drug can cause serious health problems in humans if ingested.
- **Counterargument: Horsemeat is tested.** The Canadian Food Inspection Agency (CFIA) has a "zero tolerance for phenylbutazone in food" and conducts random spot tests of horsemeat for residue of the drug, finding "a very high compliance rate" with the law.

ROBSON FLETCHER/METRO IN CALGARY

Which meat will you eat?

"It's based on taste. I like steak, I like beef, chicken.... I've never had horsemeat before. But I would if it was good."

Brian Jansen, 23, actor, eats meat

"I would try almost anything. I've eaten venison, I've eaten buffalo, elk, kangaroo — I think — and ostrich."

Stephanie Nadler, 50, artist and stay-at-home mom, eats meat

Would you eat horsemeat?

"To me, meat is meat.... I don't understand why it's different than cow or pig."

Kristen Corbet, 31, works in the solar-energy industry, doesn't eat meat

"I don't think people should eat horsemeat.... So many people love horses and have them as a pet."

Logan Thayalan, 30, database assistant, eats meat, but not horsemeat

WH YO TAS

The recent horsemeat scandal has generated more curiosity than controversy. Searches for 'horsemeat recipes' spiked dramatically following news that horsemeat disguised as beef had been sold across Europe. In Canada, searches for

Who's not too sweet to eat?

We asked which animals you would eat. Here's how you voted:

AT'S UR TE?

'horse recipe' have been generally trending upward since 2008, reaching an all-time high this February. Volumes were highest in Alberta, perhaps indicating that cattle country is developing a taste for horses.

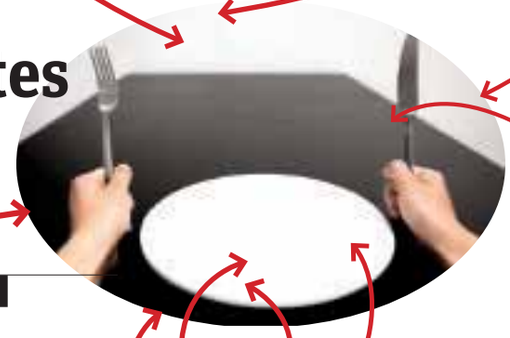
Rabbit
92 votes

Cow
128 votes

Frog
64 votes

Salmon
125 votes

Dog
0 votes



Horse
67 votes

Chicken
132 votes

Camel
62 votes

Seal
58 votes

Caterpillar
25 votes

Kangaroo
72 votes

Pig
122 votes

ALL PHOTOS: ISTOCK

Horsemeat. Big business in Alberta

Canadians consume about 650,000 pounds of horsemeat and export about 30 million pounds of it each year, with most coming from the province best known for its cattle.

"Probably two-thirds of the Canadian processing is done in Alberta," said Bill desBarres of the Horse Welfare Alliance of Canada, an advocacy group for the horsemeat industry.

While some might bristle at the thought of slaughtering horses for food, advocates like desBarres believe it's the best end-of-life option for many of the animals.

"It's the most humane option — for horses that qualify — to go to processing," he said. "But the horse must qualify. It can't have phenylbutazone administered in the life of the horse, for instance. That's a painkiller that does not have a designated withdrawal time."

Horses that have consumed other drugs can qualify after spending sufficient time on a feedlot for the drugs to clear their systems, desBarres said.

The Canadian Food Inspection Agency "has zero tolerance for phenylbutazone in food," according to its website, and employs both random and targeted testing of horsemeat for the drug and other contaminants.

Other groups, however, like the Canadian Horse Defence Coalition, say it's impossible to guarantee that horses sent for slaughter are free of such drugs. "With such random, scanty testing protocols in place, one can only imagine how many drug-positive horses slip through the cracks," CHDC executive director Sinikka Crosland said in a recent statement.

Bruce Flewelling, who buys and sells horses for meat in Alberta, said processing may be distasteful to some — including his own father, who was an avid horseman — but he prefers it to simply burying or cremating horses at the end of their lives.

"With processing, you get something out of the horse," he said.

ROBSON FLETCHER/METRO IN CALGARY

Horses wait to be ushered into the auction ring in Nebraska in 2008. Most of the animals were sold so they could be sent to Canada to be slaughtered.

NATE JENKINS/THE ASSOCIATED PRESS FILE

Brooklyn. Expectant parents die in car crash – but unborn baby survives

A pregnant woman who was feeling ill was headed to hospital with her husband early on Sunday when their car was hit, killing them both — but their baby boy was born prematurely and survived, authorities and a relative said.

The driver of a BMW slammed into the car carrying Nachman and Raizy Glauber, both 21, at an intersection in the Williamsburg neighbourhood of Brooklyn, said Isaac Abraham, a neighbour of Raizy's parents.

Raizy was thrown from the car, and her body landed under a parked tractor-trailer, witnesses said. Nachman was pinned in the car, and emergency workers had to cut off the roof to get him out.

Both were pronounced dead of blunt-force trauma at hospital, according to the medical examiner.

Their infant son was in serious condition, Abraham said. The hospital did not return calls about the child, but police said the Glaubers' driver was in stable condition. The driver of the BMW and a passenger fled and were being sought by police.

A crowd gathers for funeral services. VERENA DOBNIK/THE ASSOCIATED PRESS

The Glaubers were married about a year ago and had begun a life together in Williamsburg, where Raizy grew up in a prominent Satmar Orthodox Jewish rabbinical family, said Sara Glauber, Nachman's cousin.

Hours after their deaths, the Glaubers were mourned at a funeral on Sunday afternoon. THE ASSOCIATED PRESS

Baby may be second person cured of AIDS

Mississippi. Aggressive treatment just after birth left child healthy a year off medication

A baby born with AIDS appears to have been cured, scientists announced on Sunday. The child from Mississippi is now two and a half and has been off medication for about a year with no signs of infection.

There's no guarantee the child will remain healthy, although testing uncovered just traces of the virus's genetic material still lingering. If so, it would mark only the world's second reported cure.

A doctor gave this baby faster and stronger treatment than usual, starting a three-drug infusion within 30 hours of birth. That was before tests confirmed the infant was infected and not just at risk from a mother whose HIV wasn't diagnosed until she was in labour.

Dr. Deborah Persaud is the lead investigator into the cure's success. JOHNS HOPKINS MEDICINE/THE ASSOCIATED PRESS

The fast action apparently knocked out HIV in the baby's blood before it could form hideouts in the body. Those so-called reservoirs of dormant cells usually reinfect anyone who stops medication, said Dr. Deborah Persaud of Johns Hopkins Children's Center. She led the investigation that deemed the child "functionally cured." THE ASSOCIATED PRESS

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Keeping your pets past the expiry date

Growing up on the family farm, Anthony Eddy learned early on not to get too attached to animals, including household pets.

His devoted customers are a different story. Pet lovers across the U.S. count on the Missouri taxidermist to faithfully preserve Brutus, Fluffy and other beloved companions for posterity. Even if it means shelling out thousands of dollars and waiting more than a year for the pets' return.

"They're very distraught, because their child has died. For most people, this animal is their life," said Lessie "Les" Thurman Calvert, Eddy's office manager. "Some are kind of eccentric. But most of them are just like you and me. They don't want to bury or cremate them. They can't stand the thought.... It helps them feel better about the loss."

The front showroom of Eddy's Wildlife Studio in downtown Slater, Mo., is a testament to pet owners' perseverance. Lifelike dogs and cats of all sizes are scattered along the floor, from a perky-looking Brittany spaniel to a regal Persian cat, a lone iguana and the stray cockatiel or two. Departed pets of all persuasions spend up to one year in hulking, freeze-dry metal drums before they are painstakingly preserved and returned to their owners.

Anthony Eddy looks into a conventional freezer while a dog is preserved inside a freeze dryer in Slater, Mo. Animal lovers from across the U.S. call on Eddy to faithfully preserve their beloved departed pets for posterity through a freeze-drying process that can take up to a year. JEFF ROBERTSON/THE ASSOCIATED PRESS

Eddy said his business is one of the few in the U.S. to specialize in pet taxidermy and has a two-month waiting list.

The degree of difficulty — and the scrutiny of demanding pet owners who can immediately detect flaws or imperfections in their loved ones — keep many traditional taxidermists from the domestic animal sector, said Steve Wolk, president of the National Taxidermists Association. THE ASSOCIATED PRESS

Quoted

"You just have a knack for it. It's like an artist painting a picture."

Taxidermist Anthony Eddy, on posing freeze-dried pets so they appear lifelike.

DRAWING THE LINE ON HATE SPEECH

URBAN COMPASS

Jane Caulfield
jane.caulfield@metronews.ca

I applaud anyone who can slough off offensive words and verbal attacks and not take them personally.

You are a much stronger person than I am. I can barely handle the "constructive criticism" my mother dishes out about my choice in clothes.

But this is a world where people are entitled to their own opinions and free speech is a fundamental right that is much-valued in our society.

A right that, as a journalist, I have to uphold — even when I don't personally agree with what is being said.

So when the Supreme Court voted 6-0 last Wednesday to uphold a decision by the Saskatchewan Human Rights Commission that pamphlets distributed by Bill Whatcott, a self-proclaimed Christian activist, violated the Saskatchewan Human Rights Code, I happily embraced it.

When people are talking about how, where and when to draw a distinction between free speech and hate speech, that means people are paying attention to what they say and how it affects people.

Don't get me wrong. I am not suggesting we all adopt rigorously politically correct positions. I am merely suggesting that we think before we speak more often.

It's about understanding that your words could cause harm, even if harm was not the intention. It's about being compassionate enough to respect one another, despite all of our differences, a thought that is — ahem — inherently a Christian ideal (as well as one held by many other religions).

On the same day, Canada's highest court also changed a bit of language in the Saskatchewan Human Rights Code, striking down the "hurt feelings" clause.

This clause made it illegal to display or say anything that could "ridicule, belittle or otherwise affront the dignity" of a minority.

Getting rid of the clause gives people more room to speak freely. It also means that the easily offended can't complain over every perceived slight and, one hopes, that they might learn that sticks and stones may break their bones, but "Merry Christmas" will never hurt them.

But, perhaps most important, it opens up the lines of discussion, giving both sides of an argument the opportunity to listen and understand each other.

And a little understanding can go a long way the next time someone chooses to get on a soapbox and speak his or her mind.

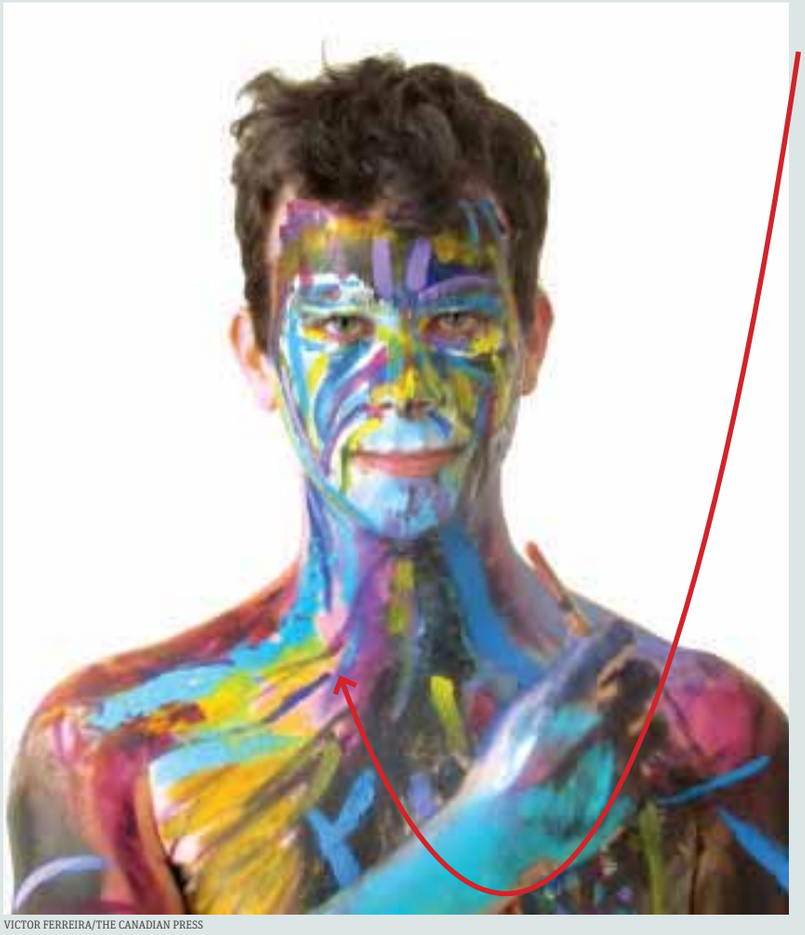
People might be inspired to actually think before they speak.

Which means the hurtful words and personal verbal attacks might not be so sharp the next time they come around and our collective skin may be thicker so that we can slough them off easier. And who can complain about that?

Well, I'm sure someone will, but at least now we will have talked it through.

ZOOM

Radiate from the inside out



VICTOR FERREIRA/THE CANADIAN PRESS

Artist uses canvas as his muse

Matti McLean once hated his body so much that, in his last year of high school, he stopped eating.

Now he's advertising the beauty of the human form by transforming it into a work of art.

Through the Human Canvas Project, established last year, McLean uses his paintbrushes to capture both his subjects' figures and personalities.

Using music, discussion and individual colour choices, McLean tries to tap into each person's individual character and use the body as the canvas it's painted on.

He has created 145 canvases since beginning, he said, adding that his work is reaching an audience ranging from Australia to Peru.

THE CANADIAN PRESS

Colour at end of the tunnel

"A lot of gay men struggle with eating disorders. I didn't like who I was and took it out on my body."

Matti McLean
Founder, Human Canvas Project
He explained he overcame his self-esteem issues and began the Human Canvas Project as a way to document his close friends and the way that he saw them on the inside.

A purr-fect present. Teen's birthday party was a humane affair

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

Bailey Parr-Kennedy celebrated his 14th birthday recently, but there were no gifts at this party.

Instead, Bailey asked his friends and family for donations to the Moose Jaw Humane Society, which cares for hundreds of dogs and cats each year.

It's a cause that's close to Bailey's heart — earlier this winter, his family adopted two cats from the Moose Jaw Humane Society.

On his birthday, Bailey collected nearly $400, along with a quantity of canned pet food.

The shelter, which relies on donations for 80 per cent of its operating budget, was, needless to say, grateful.

"This sort of kindness allows us to provide the best possible care for our dogs and cats," said Kayla Pratt, fundraising and promotions co-ordinator at the Moose Jaw Humane Society.

Pratt added that she has seen more and more children collecting donations to the shelter instead of asking for birthday gifts.

"It's especially moving to see so many kids and teens choose to do something so selfless," she said about Parr-Kennedy's and other recent donations the shelter has received.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Its youth empowerment event, We Day, was in eight cities across Canada this year, inspiring more than 100,000 attendees. Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

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Martin Short pretends to be a bagpipe as he hosts the Canadian Screen Awards in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Canadian Screen Awards bewitched by Rebelle

Golden Globes North. Combo Genies and Geminis event also awards Flashpoint, Laurence Anyways

Rebelle ruled while Flashpoint continued to burn bright at the inaugural Canadian Screen Awards on Sunday, as the best in homegrown film and television gathered for a first-ever joint bash hosted by an off-the-wall Martin Short — who brought along his popular alter ego Ed Grimley.

The Oscar-nominated child-soldier drama Rebelle (or War Witch) dominated the film categories with a whopping 10 trophies, including wins for best film, best director, best screenplay and best actress for its teenage star, Rachel Mwanza. It had been up for 12 awards.

"I'm very touched," said Montreal director Kim Nguyen as he collected the best director prize.

"I'd like to dedicate this to the women in the Congo, their strength, their courage and their resilience."

Meanwhile, perennial TV favourite Flashpoint took the top prizes in the TV race, including best drama and best dramatic actor for star Enrico Colantoni.

The inaugural awards gala celebrated the best in Canadian film and television together for the first time, and Short kicked things off with a musical opening that saw him hoisted by wires to soar over the audience.

"They had me so high up there I could see both of Mike Duffy's houses," quipped Short, keeping things topical for his Canuck audience.

He later lobbed affectionate barbs at Canadian celebrities Don Cherry, Rick Mercer and The Bachelor Canada winner Brad Smith, and took aim at recent Oscar winner Argo, which earned criticism for downplaying Canada's role in rescuing six U.S. citizens caught up in the 1979 Iran hostage crisis.

"It's always nice to be home," Short said to a star-studded audience.

"I flew in on Air Canada. Or as Ben Affleck calls it, American Airlines." THE CANADIAN PRESS

Other big winners

TV comedy actor: Gerry Dee, Mr. D

TV comedy actress: Wendel Meldrum, Less Than Kind

TV drama actress: Meg Tilly, Bomb Girls

Documentary: Stories We Tell, Sarah Polley

International TV drama: The Borgias

Celebration. Madonna to present Anderson Cooper with GLAAD award

Gay advocacy group GLAAD says Madonna will present CNN's Anderson Cooper with an award for openly gay media professionals.

GLAAD said the singer has been chosen to give Cooper the Vito Russo Award at the 24th annual GLAAD Media Awards in New York City on March 16.

THE ASSOCIATED PRESS

Anderson Cooper GETTY IMAGES

Box office

Jack 'slays' the competition

It wasn't exactly a mighty victory, but Jack the Giant Slayer won the weekend at the box office. The Warner Bros. 3D action extravaganza, based on the Jack and the Beanstalk legend, made just $28 million to debut at No. 1, according to Sunday studio estimates. It had a reported budget of about $200 million.

THE ASSOCIATED PRESS

Downton Abbey. Fourth season has some cast comings and goings

Shirley MacLaine will be returning to Downton Abbey next season, and opera star Kiri Te Kanawa is joining the cast.

MacLaine will reprise her role as Martha Levinson, Lord Robert Crawley's freewheeling American mother-in-law, Carnival Films and Masterpiece on PBS said Saturday. MacLaine appeared in episodes early last season. New Zealand-born soprano Te Kanawa will play a house guest. Another new character is Tom Cullen as Lord Gillingham, described as an old family friend of the Crawleys who visits the family as a guest for a house party (and who might be the one to mend Lady Mary Crawley's broken heart).

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Rihanna says her and Chris Brown have matured big time in the last four years.

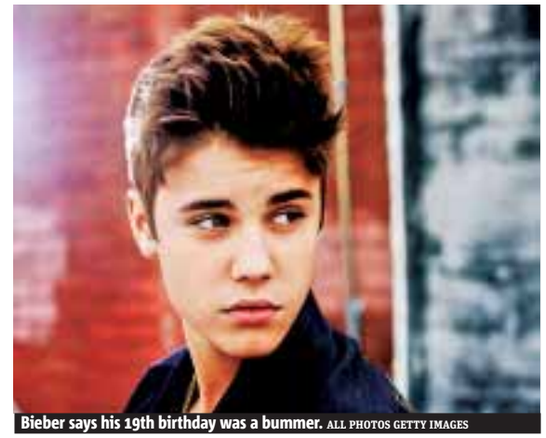
This love is fresh: RiRi

Rihanna claims that things are working better now with on-again off-again boyfriend Chris Brown because they've grown up a lot in the four years since his arrest for assaulting her. The singer insists to Elle UK that they have "a great friendship that's unbreakable. Now that we're adults, we can do this right. We got a fresh start and I'm thankful for that," she says. Rihanna even predicts that she will "probably have a kid" within the next five years.

Notice to appear? You can find her in the club

Lindsay Lohan appears to be living it up as much as she can in advance of her March 18 trial — and even skipped out on the latest court appearance related to her case to stay in New York and go clubbing instead, according to Us Weekly. Maybe she knows it doesn't look too good for her this time around when it comes to avoiding jail time, especially considering the drubbing her new lawyer, Mark Heller, has been getting from Judge James Dabney. After dismissing Heller's motions to have the case put on a "slow track," Dabney cautioned that Heller would need someone by his side versed in California law or "Miss Lohan is going to have to come in here and waive her right to have competent attorneys versed in California law and procedure."

Clubbing apparently trumps court for Lindsay Lohan.



Bieber says his 19th birthday was a bummer. ALL PHOTOS GETTY IMAGES

Birthday was the worst day, but they sipped $12K in booze when they were thirsty

Justin Bieber's celebrations for his 19th birthday didn't go so swell Friday, leading the star to tweet a simple, "worst birthday." And while his fans leapt to the conclusion that the paparazzi were responsible, it reportedly had more to do with the security at London's Cirque du Soir nightclub, who wouldn't let some of his entourage in because they couldn't prove they were over 18, according to E! News. Bieber still managed to have some fun — dropping a reported $12,000 on bottle service for his pals — but the incident with security put an early stop to the festivities. "I think Justin and his friends had a good time," a source says. "(But) he was, of course, not amused that some of his close friends were refused entrance."

The Word

Is Kanye a play date hater?

STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg says he was offered a role in the last Star Trek movie but turned down J.J. Abrams because he "couldn't understand the words or dialogue or anything." Coincidentally the very same reason he stopped modelling underwear for Calvin Klein.

Kanye West rants about Jay-Z and Justin Timberlake's Grammy performance and their new song, Suit and Tie. Jay-Z now regrets not lending Kanye his new toy train before going on the play date with Justin.

Suri Cruise may have a body double. The Brangelina kids are all sulking in their rooms.

"Friend Zone" is added to the Oxford Dictionary. "That's so dumb," says some really nice guy. "But I don't have time to deal with it now. I'm late picking up Tiffany's dry cleaning."

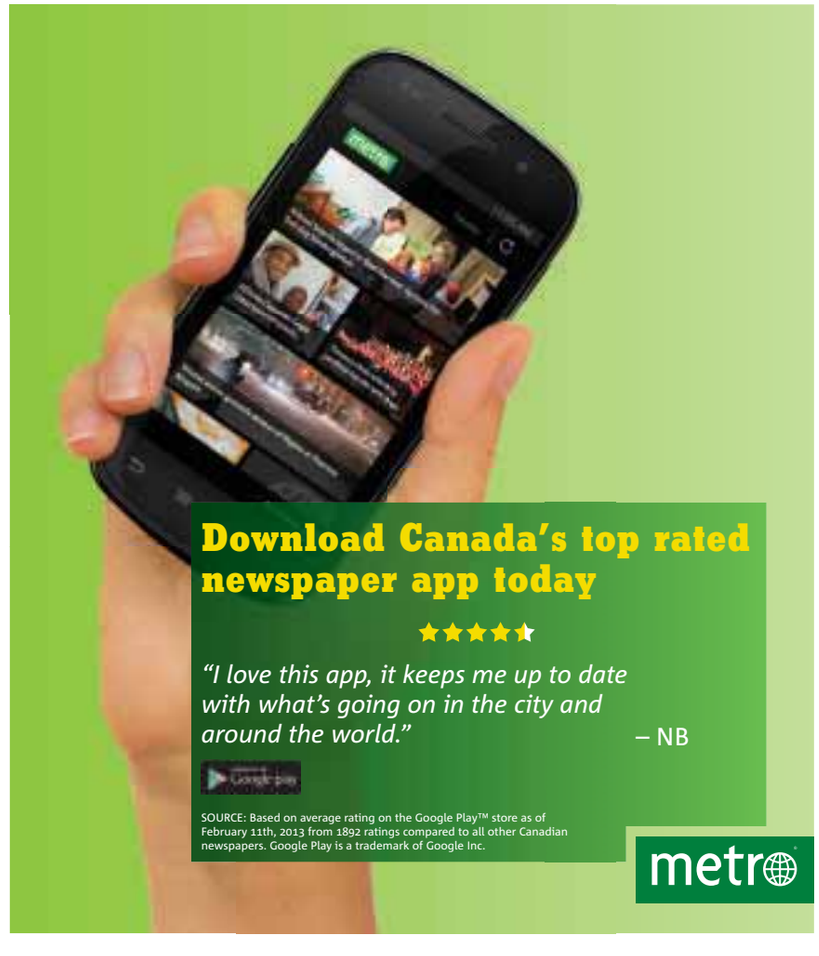
Michelle Obama's Oscar dress gets photoshopped sleeves and a much higher neckline for Iranian TV. "Could you send over some information on how you did that," asks Lindsay Lohan's manager.

Justin Bieber now has more Twitter followers than there are people in Canada. There's only one force on Earth strong enough to fight back! It's time to remobilize the Kiss Army.

Octomom says she has a medical marijuana prescription. She suffers from the incurable condition known as "14 kids."

This week in fancy relationships. 1) Janet Jackson has married Qatari billionaire Wissam Al Mana. 2) Jessica Chastain says her Italian boyfriend is a count. 3) Clint Eastwood's 19-year-old daughter goes out with Steven "I spent $6 million on cocaine" Tyler.

Jennifer Aniston says she liked her Oscar dress because it was easy to pee in. So that's why everyone on the red carpet gave her a wide berth.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metro

Baby wipes

Not just for bums

Baby wipes are excellent for baby bums, of course. We all know that.

But they are not just for babies anymore. I have found baby wipes to be the perfect eye makeup remover. I ditched my expensive liquid eye makeup remover years ago in favour of the gentle-on-my-skin baby product.

The multi-purpose wipes have a permanent spot in our bathroom for bums, eyes, spills and countertops. I even use them to remove pesky deodorant stains from my clothing.

JENNIFER WALKER OF YUMMYMUMMYCLUB.CA

A cheap solution

Fix for the reluctant biker

My little girl just couldn't get the hang of a two-wheeler bicycle — no matter what.

Instead of paying for an expensive glider, we took the pedals and the chain off of her regular bike.

She then learned how to push and glide to get her balance. It worked perfectly to give her the confidence she needed.

Every child should learn this way!

Once she got her balance and we put the chain and pedals back on, she was off, literally, the first time with no help.

MEGAN ANDREWS OF YUMMYMUMMYCLUB.CA

Exclusively online

After months of anticipation, you're taking your very first wobbly steps. If only John Stamos were here to score the moment with an original ballad. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Keep your toddler smiling

Indoor activities. Is your child stuck indoors all day? Here are fun ways to keep the little one entertained

CAROLINE FERNANDEZ
YummyMummyClub.ca

Snow days, rainy days, days I just have to do laundry — we've had a lot of inside time lately. I have been getting creative with my two-year-old and finding lots of fun inside ideas. Here are my top nine.

Wooden spoon + pots = musical madness!
Doing the dishes and toddler driving you crazy? Give him a pot and a wooden spoon. Bang, clash, boom. So simple, yet so entertaining. Mix it up with plastic bowls, stainless steel pots, wooden and metal spoons (the bigger the better). He's learning about beats and music while getting his banging on.

Cardboard box + crayons = artful activity!
I get tons of cardboard box deliveries. A few crayons (washable, of course!) plus his creativity and it makes for the perfect art experience. Lines, squiggles, circles. He's learning about art without even knowing it.

Empty milk jug + soft ball = toddler bowling!
We go through four litres of milk a day (yes, really!), so before I take those milk jugs back for deposit, we re-purpose them into a bit of play. Line them up against a wall, stand back and gently roll (this takes practice) the ball to knock over the jugs. It's a fun physical activity — there is crouching, bending picking up and running back to knock them down again.

Cars + hands = CRASH!
There is something about crashing things that entertains my toddler to no end. Cars, pillows, teddy bears, two of anything can crash really. It is repetitive and verbal (he sings "crash, crash") and apparently tons of fun.

Fingers + songs = finger songs
Folding laundry and toddler wants your attention? Start singing Head and Shoulders or Wheels on the Bus or The Hokey Pokey. You can do the movements as you fold (whizzing socks around while singing Wheels on the Bus is just organic) and he'll follow along. That's multi-tasking.

Kitchen sink + water = homemade water table.
This was my Tuesday. I pulled a chair up to the sink. I filled it with water and dish soap and put in wooden spoons, plastic measuring cups and some clean plastic yogurt containers. My son instinctively climbed up and went to town splashing and pouring. Yes, the floor got wet. Yes, he got wet too. But the clean up was easy, with a simple swipe of the towel and a quick change of clothes. It was play time well spent.

Swim + bodies = land swimming.
Sounds weird, right? This was part of a game we played at play group where there were "octopus" who had to catch "fish" swimming by. Dear son loved it so much we often land swim around the house. Chanting, "swim, swim swim," we walk around the living room and move our hands like we're swimming. Hurry, a shark!

Hide + seek = where did it go?
Showing an object and then hiding it under my shirt (or his) is a daily event. "Where'd it go?!" we ask each other. I call it training for finding running shoes in his school years.

Books + lap = reading time
Before every nap and bedtime, we read stories. I change up the ones on the toddler reading table (more for my entertainment than his). Currently we are reading Blue Hat, Green Hat by Sandra Boynton and Toupie a peur by Dominique Jolin.

Give her pots and pans to bang on while you wash dishes. ISTOCK

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Shopping with kids can be an adventure. ISTOCK

No judgement near the frozen waffles

It's 3:30 p.m. Kids, hungry after school, lean against the shopping carts their mothers push down crowded aisles. I watch a middle-aged guy jump the check-out line.

He sees me see him and does a defensive "who me?" shrug. Hurried myself, I bite my tongue, check my list and press on. There is a tall brunette bearing down on me. I do a half pirouette to let her by and hear a little voice, upturned, just finishing a question on the woman's far side. As they pass me I hear her brisk reply: "We are not here for fun. We are here for things to eat."

I pause carefully on the threshold of judgment. I have always tried to avoid shopping-as-chore. We used to make food shopping an adventure, now it is a creative exercise in lunch kit supply choices.

The truth is that shopping is a chore, especially at this hour, especially when your legs are little and everyone's patience is thin. I realize what I am feeling is an empathy wince.

Being a parent is filled with daily obstacle courses, small and large. The afternoon meltdown hours between 3:30 and 6:30 p.m. are a particularly trying sprint. A homework hatchet hangs heavy and urgent over our household tonight, so I keep moving, wedge the freezer door open with my hip, grocery basket biting into my forearm, bottle returns clanking on my other flank. I try to smile at the kids hauling backpacks past me, and nod as we navigate the space so the parents know there is no pressure from me, even if they are in the middle of a teary negotiation in the frozen waffle section.

Judgment is a withering thing under which family life does not thrive. We must allow room for each other. The guy who jumped the line though? He needs remedial kindergarten. CATHERINE JACKSON OF YUMMYMUMMYCLUB.CA

A taste of Greece in a burger

ROSE REISMAN
for more, visit
rosereisman.com

Add some mushrooms, feta cheese and oregano and you have a whole new burger.

Try substituting ground chicken, turkey or veal. Forget the bun — I love to serve these over a bed of couscous.

But if you're serving them on a bun, be sure to include lettuce, tomatoes and onions for an extra serving of veggies.

This recipe serves five. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 cup chopped mushrooms
- 1/2 cup chopped onion
- 1/3 cup light feta cheese, crumbled
- 1 lb extra-lean ground beef or lamb
- 1/4 cup finely chopped fresh chives
- 3 tbsp chopped fresh oregano
- 2 tbsp barbecue sauce
- 3 tbsp dry seasoned bread crumbs
- 2 tsp minced fresh garlic
- 1 egg
- 3 tbsp chopped oregano

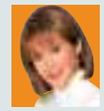
1. Spray a non-stick skillet with cooking oil; add the mushrooms and onions and cook over medium-high heat for 4 minutes or until softened and browned. Remove from the heat. Stir in the feta.

2. Combine the beef, chives, oregano, barbecue sauce, bread crumbs, garlic and egg in a bowl. Stir in the onion mixture. Mix thoroughly. Form into 5 patties.

3. Spray a non-stick grill pan or barbecue grill with cooking oil and heat to medium-high. Grill the patties for 3 to 5 minutes per side or until no longer pink in the centre. (Alternatively, place on a baking sheet in the centre of a preheated 450 F oven for 10 to 15 minutes or until cooked through, turning once.) Garnish with oregano and crumbled feta cheese, if desired. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it



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Pizza is everyone's favourite takeout, but with stuffed crusts and fatty toppings, just a few slices will cost you in fat and calories.

Pizza Hut Italian Classic (2 medium slices with stuffed crust)

860 calories/ 36 g fat

Two slices, barely a meal, give you half your daily calories and fat.

Equivalent

Two medium slices of Pizza Hut Italian Classic pizza with stuffed crust is equal in fat to an entire Piller's kolbassa sausage.

Pizza Hut Triple Crown (2 medium slices with thin crust)

440 calories/ 16 g fat

Just choosing one meat and choosing a thinner crust saves half the fat and calories.

Lunch. Mexican Salad

Give this nutritious, colourful salad for one some crunch with baked tortilla wedges.

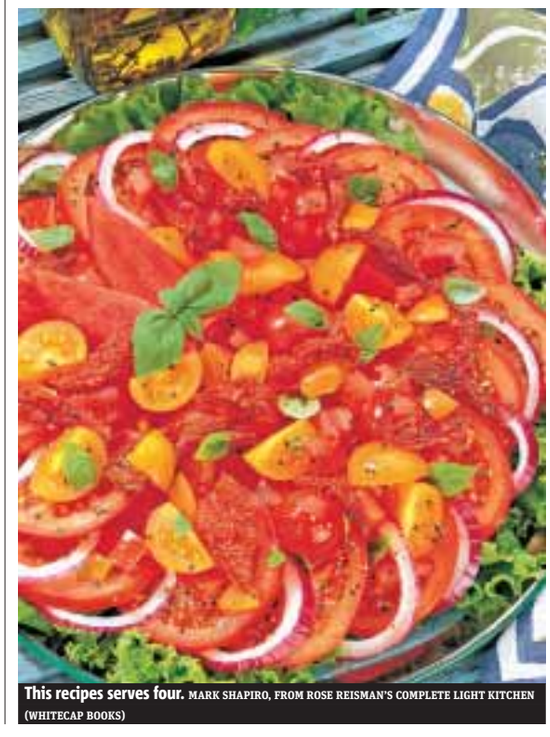
1. Heat oven to 200 C (400 F). Cut tortilla into wedges and place on foil-lined baking sheet. Bake for 5 to 6 minutes or until browned.

2. In a salad bowl, combine all remaining ingredients. Drizzle with dressing. MANITOBA EGG FARMERS, EGGS.MB.CA

Ingredients

- 1 whole-wheat tortilla (15 cm/6 inches), toasted and cut into wedges
- 2 handfuls of baby spinach (500 ml/2 cups)
- 50 ml (1/4 cup) canned or frozen, (defrosted and drained) corn kernels
- 1/4 ripe avocado, sliced
- 1/2 red bell pepper, sliced in thin strips
- 1 small plum (Roma) tomato, cut into wedges
- 1 green onion thinly sliced
- 75 ml (1/3 cup) grated part-skim mozzarella cheese
- 2 hard-cooked eggs, sliced
- 50 ml (1/4 cup) black beans, drained
- 30 ml (2 tbsp) low-fat ranch dressing (or dressing of your choice)

Four-Tomato Salad — an array of textures and flavours



This recipes serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

The contrasting colours and textures of the tomatoes in this salad are what make it so sensational.

If you can find grape tomatoes, they are even sweeter than cherry tomatoes and have a great texture.

Don't forget that tomatoes contain lycopene, an antioxidant that helps in the fight against prostate cancer and heart disease.

1. Place the tomatoes, onion and fresh basil in a serving bowl or on a platter.

2. Whisk the vinegar, oil, garlic, sugar and pepper together. Pour over the salad. Serve immediately. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per serving.

- 135 calories; 3 g protein; 4 g fat; 0.8 g saturated fat; 18 g carbohydrates; 0 mg cholesterol; 130 mg sodium; 5.2 g fibre

Ingredients

- 1/2 cup sun-dried tomatoes, rehydrated
- 2 cups sliced field tomatoes
- 2 cups halved red or yellow cherry tomatoes
- 2 cups quartered plum tomatoes
- 1 cup sliced sweet onion, such as Vidalia, Walla Walla or Spanish
- 1/2 cup chopped fresh basil or 2 tsp dried basil
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 1/2 tsp minced fresh garlic
- 1/2 tsp granulated sugar
- pinch freshly ground black pepper

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How to mess up the first meeting

Fight the desire to fib about your employment history. ISTOCK

Don't, just don't.
On avoiding the opportunity ambush

YLVA VAN BUUREN
careerbear.com

The job interview is one of the most important parts of the job-search process, and one that you have far more control over than you think, says Stefan Danis, CEO of Mandrake. Here are common interview mistakes and his advice on how to avoid them — and get the job of your dreams.

Come unprepared
The job description is usually filled with information about what type of employee the company is looking for, so spend time positioning how your experience and competencies match up. "The bad (move) is you come in and talk about yourself but in no way relate your narrative to what the company is looking for," says Danis. Questions during the interview will invariably relate to the job description. Consider rehearsing your answers in front of a mirror so you give the answer in the best possible way. "You must remain authentic in your response as opposed to rehearsed, however," he says.

Don't ask questions
You can extract a tremendous amount of information as an interviewee, says Danis. Right off the top, ask how the interview will be structured — so you know how much time you have and how you should tailor the length and detail of answers. Then, "in a perfect world you would finish every single answer with a query that would reflect back to the interviewer. For example, how is this competency valued within your organization?" Before you leave, ask for feedback. "Most interviewers will share with you what they thought right away if you ask them, but most people leave without asking the question." Ask.

And then I learned to ski...

"Some people think life outside of work is not relevant to work ... but I would say quite the opposite."

Stefan Danis
CEO of Mandrake

Forget common courtesies
Don't be late. It's disrespectful and reflects on your personality and, possibly, work ethic. Also, turn off your cellphone. Surprisingly, almost 20 per cent of interviewees don't, says Danis. If you forget to turn off your cell and the phone rings, apologize and quickly turn it off pronto. If you are experiencing some sort of crisis that requires you be connected warn the interviewer ahead of time that you might get an urgent call. But the situation must be critical!

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start. Visit careerbear.com

Make the interview all about work
The resumé got you the interview, says Danis, and odds are the fit will get you the job. Employers unearth fit by understanding how you go about your business and who you are. Include references to your personal life on your resumé and during the interview. "Some people think life outside of work is not relevant to work ... but I would say quite the opposite, that life outside of work is in fact what gets you the job." Also, the biggest mistake in terms of high performance interviewing is to not create an interactive experience, says Danis. Don't just answer questions and match what the interviewer is asking. Engage in a real back and forth conversation.

Dress inappropriately
Most companies have a dress code and there's nothing wrong with calling ahead and asking what it is. "It's foolish to not look what I call 'one level up'… if you look one level down, you're underdressed relative to the interviewer and you've made a big mistake. If you're dressed like they are, great. If you're dressed one level up, nothing bad happens," Danis says.

Lie through your teeth
Research shows that many people lie about things such as their education, work history and credentials. In fact, education verification is one of the fastest growing segments of hiring, says Danis. "Don't lie about anything. We live in the digital age and you'll be found out — dismissed from a process."

NFL

Female kicker tries out for Jets

Lauren Silberman's NFL tryout lasted all of two kicks, neither of which travelled 20 yards.

Silberman, 28, became the first woman to compete at an NFL regional scouting combine on Sunday, but left the New York Jets' practice field after re-injuring her quadriceps. She tried two kickoffs, the first going 19 yards and the second about 13 yards, and then asked to see a trainer.

The former collegiate soccer player was examined off to the side of the practice field. About 30 minutes later, while 36 other kickers continued their workouts, she called the scene "surreal" and thanked the NFL for "this tremendous opportunity."

THE ASSOCIATED PRESS

WHL

Eberle pots OT winner as Warriors stop Blades

Tanner Eberle scored 45 seconds into overtime as the Warriors edged the red-hot Saskatoon Blades 5-4 on Sunday in Moose Jaw.

Brayden Point led Moose Jaw (22-34-10) with two goals and two assists, while Justin Kirsch and Jordan Messier also scored. Justin Paulic was solid in net, making 36 saves for the win.

Toronto Maple Leafs prospect Morgan Rielly had two assists for the Warriors.

Matej Stransky struck twice for Saskatoon (41-21-4), which had won 18 straight games. Duncan Siemens and Michael Ferland had goals as well, while Andrey Makarov made 34 saves. THE CANADIAN PRESS

MLB

Villarreal's family unharmed in kidnapping attempt

The Detroit Tigers say reliever Brayan Villarreal is not expected to leave spring training after his family escaped unharmed from a kidnapping attempt in Venezuela on Friday night.

Villarreal has remained with the team. Manager Jim Leyland did not want to comment further, saying Sunday: "The less said, the better."

THE ASSOCIATED PRESS

Brier title proves elusive for Gushue

Curling. Newfoundland skip would prefer Canadian title over another Olympic gold

Newfoundland-Labrador skip Brad Gushue calls for the sweep from Geoff Walker, left, and Adam Casey at the Brier in Edmonton on Saturday. JASON FRANSON/THE CANADIAN PRESS

An Olympic gold medal came early in Brad Gushue's curling career. Winning a Canadian championship is taking longer.

"I'm the only curler I think in the world right now that would want to win a Brier more than the Olympics," said Gushue, who is skipping Newfoundland and Labrador for a 10th time at the Brier.

"I think everybody here, I think if you would ask them to take an Olympics or a Brier, they would choose Olympics. For me, personally, I'd choose the Brier. My teammates might not like that, but I've won an Olympics before. This is a special event for me and something I want to check off from the list of goals."

Gushue was just 26 when he and Mark Nichols, Russ Howard and Jamie Korab won men's curling gold at the 2006 Winter Olympics in Turin, Italy.

Gushue threw fourth stones and was Howard's vice-skip. It was the first curling gold for a Canadian men's team after it became an official Olympic sport in 1998.

At 32, Gushue is considered a contender going into any Brier because of the Olympic gold. He's lived up to that billing for the most part despite a lineup change almost every year.

Gushue's teams have made the Brier playoffs six of his previous nine years. He was a runner-up to Glenn Howard at the Tim Hortons Brier in 2007 in Hamilton.

He tied for first with Alberta's Kevin Martin and Jeff Stoughton at 9-2 in the preliminary round in 2011, but lost in the semifinal.

The skip is still appalled, however, at his 5-6 record last year in Saskatoon.

"After my disappointing showing last year, personally, I just want to come and erase that and play the way I'm capable of playing and see where things fall," Gushue said. "I think if I was capable of playing the way I'm playing, we would have won seven games or so." THE CANADIAN PRESS

Rocky opening weekend

Rogue rocks were the theme of opening weekend of the Canadian men's curling championship.

- Skips' brows furrowed over a new set of curling rocks purchased recently by the Canadian Curling Association. They said some rocks in their set of eight didn't behave like the others, making it difficult to decide broom placement and weight calls.
- "There's a couple pigs out there," Northern Ontario skip Brad Jacobs observed Sunday at Rexall Place. "Slow, slow cutters. They don't run true. They stop and die quicker. It's just a matter of picking up on them as quickly as you can."

NHL. Kane cans winner as Hawks' streak continues

Patrick Kane scores with two minutes left in regulation Sunday to extend Chicago's season-opening points streak to 22 games. DUANE BURLESON/THE ASSOCIATED PRESS

Patrick Kane had a couple shots that simply could not be stopped.

Just like the Chicago Blackhawks.

Chicago extended its NHL-record season-opening points streak to 22 games Sunday when Kane scored the tying goal on a power play with 2:02 left in regulation and the Blackhawks earned an extra point when the forward scored the only goal in a shootout of a 2-1 win over the Detroit Red Wings.

"Just amazing what's going on," Kane said.

Corey Crawford was perfect in the shootout and finished with 32 saves to help Chicago win a ninth straight game.

The Blackhawks have earned at least a point in 28 straight games dating back to last season to tie the second-longest streak in league history. They've matched Montreal's multi-season points run from the 1977-78 season and trail Philadelphia's streak of 35 straight games with at least a point during the 1979-80 season. THE ASSOCIATED PRESS

4 SPORTS

Regular-season loyalty takes back seat to national pride during WBC

Baseball. Canadian Brett Lawrie insists competitive nature of players will trump friendships

Blue Jays Brett Lawrie and J.P. Arecibia will sit in opposite dugouts when Canada takes on the U.S. during the World Baseball Classic. GETTY IMAGES FILE

The Blue Jays heading to the World Baseball Classic this week said there has been no trash-talking or gamesmanship inside the team's clubhouse.

But as soon as the teammates-turned-rivals are in opposite dugouts you can expect the friendliness to fade.

"When it's time to go between the lines everything picks up," said third baseman Brett Lawrie, of Langley, B.C. "We're athletes, we're competitors and that will definitely be showing at the World Baseball Classic this year."

Nine Jays left Dunedin on Sunday, heading west to Phoenix or south to Puerto Rico to prepare to play games that mean something for the first time this year.

Lawrie's teammate on Canada, Adam Loewen, a native of Surrey B.C., who was signed by the Blue Jays this off-season and is expected to play in the outfield for Triple-A Buffalo, said he always looks forward to wearing his country's colours.

"Canada is a very patriotic country. You can see it every year with hockey and that's Canada's game and I think baseball is right behind there," he said. "Fans back home want to see us make them proud, so we're not only playing for the guys on our team but our whole country."

TORSTAR NEWS SERVICE

Phillies beat Jays

Howard in fine form

At least for the early part of spring training, Ryan Howard is showing his pre-injury form.

Howard hit a go-ahead, three-run homer off Brett Cecil that cleared the back fence and went out of Bright House Field, helping a Philadelphia Phillies' split squad beat the Toronto Blue Jays 13-5 Sunday in Clearwater, Fla.

"He's starting to get his legs under him," manager Charlie Manuel said. "He's getting his stroke."

Jose Bautista and Mark DeRosa homered for the Blue Jays.

THE ASSOCIATED PRESS

NHL

Malkin suggests he could return after more practices

Still headache-free and with his short-term memory completely returned, Evgeni Malkin went through a full-contact practice with many of his Pittsburgh Penguins teammates Sunday.

Malkin, who has missed the past four games due to a concussion, said he "felt pretty good" immediately after the workout at a suburban rink.

Coach Dan Bylsma said the next step was for Malkin to pass an imPACT test. The team did not rule out a return Monday when the Penguins host the Tampa Bay Lightning, but Malkin indicated he'd prefer more time.

"Good practice today, but I need a couple more, I think," last year's NHL MVP and scoring champion said, adding the practice was not vigorous. "It was just a little bit tough to push my back and shoulders. But we will see. I feel pretty good, so we'll see the next step."

Malkin was injured colliding with the boards during a win over Florida on Feb. 22.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	43	14	.754	—
Indiana	37	22	.627	7
New York	35	21	.625	7 1/2
Atlanta	33	24	.579	10
Chicago	34	25	.576	10
Brooklyn	34	26	.567	10 1/2
Boston	31	27	.534	12 1/2
Milwaukee	29	28	.509	14
Philadelphia	23	35	.397	20 1/2
Toronto	**23**	**37**	**.383**	**21 1/2**
Detroit	23	39	.371	22 1/2
Cleveland	20	39	.339	24
Washington	19	39	.328	24 1/2
Orlando	16	44	.267	28 1/2
Charlotte	13	46	.22	31

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	47	14	.770	—
Oklahoma City	43	16	.729	3
L.A. Clippers	43	19	.694	4 1/2
Memphis	39	19	.672	6 1/2
Denver	38	22	.633	8 1/2
Golden State	33	27	.550	13 1/2
Utah	32	27	.542	14
Houston	33	28	.541	14
L.A. Lakers	29	30	.492	17
Portland	27	31	.466	18 1/2
Dallas	26	33	.441	20
Minnesota	20	36	.357	24 1/2
Phoenix	21	39	.350	25 1/2
New Orleans	21	39	.350	25 1/2
Sacramento	21	40	.344	26

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results

Miami 99 New York 93
Oklahoma City 108 L.A. Clippers 104
Memphis 108 Orlando 82
Sacramento 119 Charlotte 83
Washington 90 Philadelphia 87
San Antonio 114 Detroit 75
Houston 136 Dallas 103
Chicago at Indiana
Atlanta at L.A. Lakers

Monday's games — All Times Eastern

New York at Cleveland, 7 p.m.
Utah at Milwaukee, 8 p.m.
Miami at Minnesota, 8 p.m.
Orlando at New Orleans, 8 p.m.
Atlanta at Denver, 9 p.m.
Charlotte at Portland, 10 p.m.
Toronto at Golden State, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	22	14	8	0	77	64	28
New Jersey	21	10	6	5	52	56	25
Philadelphia	23	11	11	1	66	68	23
NY Rangers	20	10	8	2	51	51	22
NY Islanders	22	9	11	2	64	75	20

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	22	14	4	4	68	53	32
Boston	19	14	3	2	57	42	30
Ottawa	23	12	7	4	52	44	28
Toronto	22	13	9	0	64	55	26
Buffalo	23	9	12	2	60	73	20

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	21	12	8	1	63	59	25
Winnipeg	21	10	10	1	55	64	21
Tampa Bay	21	9	11	1	73	67	19
Washington	20	8	11	1	55	59	17
Florida	22	6	11	5	55	82	17

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	19	0	3	70	41	41
St. Louis	21	11	8	2	60	61	24
Detroit	22	10	8	4	61	59	24
Nashville	22	9	8	5	46	54	23
Columbus	22	6	12	4	49	66	16

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	20	11	5	4	59	54	26
Minnesota	20	10	8	2	45	49	22
Colorado	20	8	8	4	50	60	20
Edmonton	20	8	8	4	49	54	20
Calgary	19	7	8	4	53	66	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	3	2	71	55	32
San Jose	20	10	6	4	47	44	24
Dallas	22	11	9	2	61	63	24
Phoenix	21	10	8	3	62	59	23
Los Angeles	19	10	7	2	49	47	22

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results

Chicago 2 Detroit 1 (SO)
NY Islanders 3 Ottawa 2 (SO)
Columbus 2 Colorado 1 (OT)
Dallas 4 St. Louis 1
Carolina 3 Florida 2
NY Rangers 3 Buffalo 2 (SO)
Montreal 4 Boston 3
Edmonton at Minnesota
Vancouver at Calgary

Saturday's results

Philadelphia 2 Ottawa 1
Boston 3 Tampa Bay 2
Buffalo 4 New Jersey 3 (SO)
Washington 3 Winnipeg 0
Pittsburgh 7 Montreal 6 (OT)
Carolina 6 Florida 2
Phoenix 5 Anaheim 4 (SO)
Vancouver 5 Los Angeles 2
San Jose 2 Nashville 1

Monday's games — All Times Eastern

New Jersey at Toronto, 7 p.m.
Tampa Bay at Pittsburgh, 7:30 p.m.
Anaheim at Phoenix, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	10	24	34
Stamkos, TBL	15	17	32
Vanek, Buf	12	15	27
Kunitz, Phg	11	16	27
St. Louis, TBL	5	21	26
Tavares, NYI	13	12	25
Kane, Chi	10	15	25
Voracek, Phi	9	16	25
Zetterberg, Det	6	19	25
Staal, Car	12	12	24
Ribeiro, Wash	7	17	24
Moulson, NYI	10	13	23
Datsyuk, Det	8	14	22
Giroux, Phi	7	15	22
Getzlaf, Ana	7	15	22
Elias, NJ	5	17	22
Thornton, SJ	4	18	22
Neal, Phg	13	8	21
Kadri, Tor	8	13	21
D. Sedin, Van	8	13	21
Purcell, TBL	4	17	21
Ladd, Win	12	8	20
Koivu, Ana	7	13	20
H. Sedin, Van	3	17	20

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If someone provokes you today your instinct will be to hit back fast and hard, but it would be better if you control yourself. The planets indicate that revenge is unnecessary. Rivals and enemies will self-destruct soon enough.

♉ Taurus
April 21 - May 21
You know that appearances can be deceptive, so don't jump to conclusions today. With Venus, your ruler, at right angles to Jupiter you may get completely the wrong end of the stick, with less than enjoyable results.

♊ Gemini
May 22 - June 21
There are times when you must look out for Number One and this is one of them. If you allow yourself to be taken in by a sob story today you will surely regret it later.

♋ Cancer
June 22 - July 23
You may have bitten off more than you can chew but it's no big deal. As the Sun edges closer to the midheaven angle of your chart you need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
Decide what is of most importance to you personally and focus all your energy on that one thing. Others may say you are being selfish, and maybe you are, but since when has that been a crime?

♍ Virgo
Aug. 24 - Sept. 23
Are you happy with the way your life is going? If not you must do something about it. A big wave of change is coming and if you are ready, you can ride it to success.

♎ Libra
Sept. 24 - Oct. 23
You may get quite upset today, especially if you see some sort of injustice taking place. But don't get too emotional because your job is to find a practical solution.

♏ Scorpio
Oct. 24 - Nov. 22
The planets warn you should be on your guard, especially when dealing with business and financial matters. If someone sees that you want something badly enough they will push up the price.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't change things when you don't have to. With Jupiter, your ruler, so active at the moment all you have to do is be yourself and keep doing what you already do so well. You're on the cusp of success already.

♑ Capricorn
Dec. 22 - Jan. 20
There are things going on behind the scenes that are going to affect you in a big way over the next few weeks. For that reason alone you must not commit yourself.

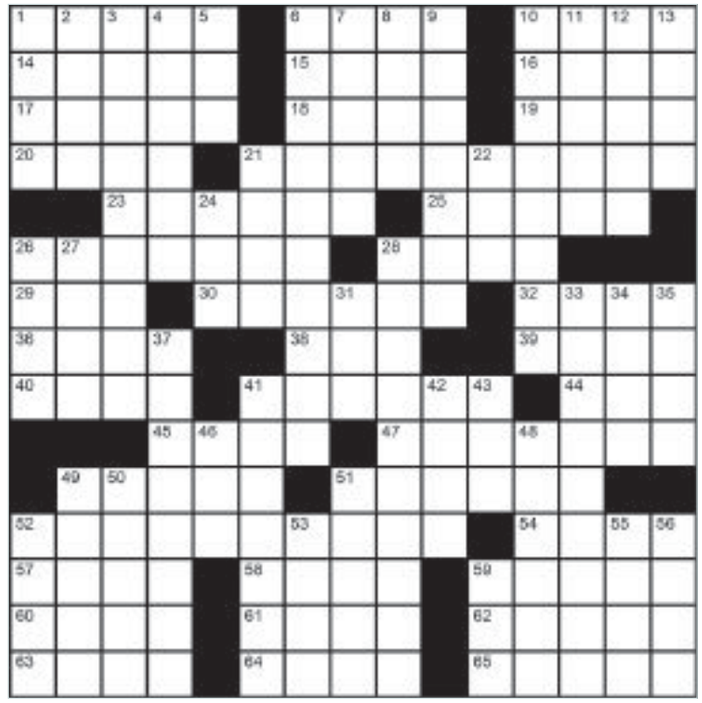
♒ Aquarius
Jan. 21 - Feb. 19
However anxious you may be about a certain situation there is no need to change what you are doing. Time is on your side and Lady Luck will sooner or later act in your favor.

♓ Pisces
Feb. 20 - March 20
Be careful when dealing with employers, authority figures and other important people over the next few days. You may want to impress them but what you don't want to do is come across as desperate.

SALLY BROMPTON

Crossword: Canada Across and Down

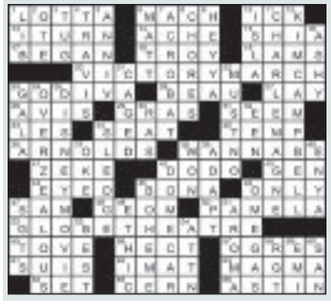
BY KELLY ANN BUCHANAN



Across
1. TD Canada __
6. 007, et al.
10. "Bud the __" (Song by #9-Down)
14. Weight unit
15. "Cast Away" (2000) transport
16. Ice cream __
17. Use the towel again
18. Farewell, in Rome
19. "__ boy!" (Well done)
20. 'Chick' suffix
21. Pre-Harper Prime Minister: 2 wds.
23. Quebec's Lachine __
25. Life sign
26. Take the train or bus
28. Abundant
29. Kimono sash
30. Located in Nunavut, it's Canada's largest island
32. Colourful plastic parts on binder separators
36. Negative replies in Montreal
38. Elles opposites
39. Missing-a-member quartet
40. Ooze
41. __ Social Scene
44. Make long grass short
45. Cosmetic cream content
47. Red Rose products: 2 wds.
49. Jeans fabric
51. Like many chips
52. Marvel products: 2 wds.
54. Some pol. party members
57. Mayberry kid of '60s TV
58. "If all __ fails..."
59. Ms. Roberts
60. Pell-__ (In haste)
61. "__ Window" (1954)
62. Luminous
63. Barack Obama's li'l title
64. Items on a landscaper's truck
65. Slammers in England

Down
1. When tripled, war movie of 1970!
2. Repented
3. Sabotage
4. Horror flick franchise
5. Scottish writer, Josephine __
6. "Rebellion (Lies)" band from Montreal: 2 wds.
7. __ Julius Caesar
8. Frying pan name, _-__
9. Canadian music legend, __' Tom Connors
10. Gone with the Wind protagonist
11. Paul who famously sang "Nessun Dorma"
12. Free from knots
13. Hollywood icon James
21. Pocket bread
22. Montreal musician, Melissa __ der Maur
24. "Coronation Street" hangout
26. Jailbirds
27. Double-reed woodwind
28. Adrenaline junkies: 2 wds.
31. Rapper, __ Rida
33. Plated burrowing mammal
34. Book genre, for short
35. Plants seeds
37. Cocker and Springer
41. Winnipeg Blue __
42. Tube-shaped fishies
43. Singer/pianist, __ King Cole
46. Driver's need, for short
48. Kind of whale
49. Steroids-using athlete
50. Actor Mr. Hirsch
51. "What a pity.": 2 wds.
52. Free pass, commonly
53. Margarine
55. Sci. class
56. Carpentry tools
59. Series Toronto-born actor David James Elliott starred on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		6	9	8		2	
4								8
		1				5		
5	1		9		3		8	4
				2				
8	9		1		4		6	7
		3				8		
7								9
	4		7	8	1		5	

Friday's Sudoku

9	1	4	5	7	2	3	6	8
5	3	8	9	4	6	2	1	7
7	6	2	3	1	8	5	4	9
8	2	3	7	5	1	4	9	6
1	4	9	8	6	3	7	5	2
6	5	7	4	2	9	1	8	3
2	8	5	1	9	7	6	3	4
4	9	6	2	3	5	8	7	1
3	7	1	6	8	4	9	2	5

YOU JUST STICK THE BAR IN YOUR DRYER AND FORGET ABOUT IT.

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